

UNIVERSITI TEKNOLOGI MARA

**THE USE OF KINESIOLOGY TAPE ON TEMERLOH FA FOOTBALL
TEAM: A STUDY OF FLEXIBILITY
AND STRENGTH**

By

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DECLARATION
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I am Muhammad Fahmi Bin Zulkifly (I/C Number: 940813-06-5443) hereby declare that: This work has not previously been accepted in substances of any degree, locally or overseas and is not being concurrently submitted for any other degrees.

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ABSTRACT

The purpose of this study was to investigate the flexibility and strength on Temerloh FA football team between before and after applying kinesiology tape within three weeks intervention. A total subject that has been taken was thirty players (N=30) were selected by purposive sampling. The method of this study is using the experimental group with the same group performing a same test but in different condition. During pre-test all of the subject performing test without applying kinesiology tape while during post-test the subject has applying kinesiology tape with three weeks intervention before. Based on the sample pair t-test result, there is a significant difference between before and after applying kinesiology tape which is the p-value of strength (vertical jump) (0.002) and flexibility (sit and reach) (0.001). The p-value is less than 0.05. As the conclusion, kinesiology tape helps to enhance performance in strength and flexibility if the kinesiology tape application applied with the correct ways.

KEYWORDS: Kinesiology Tape, Strength, Flexibility, Temerloh FA, Vertical Jump, Sit and Reach.

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